

I began my editing career with Health Communications, Inc. (the original publisher of the Chicken Soup for the Soul franchise), acquiring and editing nonfiction subjects such as addiction, relationships, parenting, alternative health, memoir,

I've had the privilege of providing editorial services for a diverse group of books in categories that include self-help, addiction and recovery, memoir, anthology, and several genres of fiction, just to name a few.

Wondering what I've worked on recently? Click [here](#) to see several of my recent manuscript evaluations, coaching, and editing projects.

These are a few of the books for which I've provided project management, coaching, developmental editing, copyediting, line editing, or proofreading services:

[\*Alien Kid 2: Goshen's Secret\*](#) by Kristen Otte (available for preorder)

So far nobody at Silver Lake Middle School has figured out Charlie Baker isn't really from Cleveland, or that he's actually an alien from one of Jupiter's moons. Keeping his secret hasn't been easy, and now Charlie has a new problem: the substitute English teacher, Mr. Goshen. It's been nothing but extra homework, bad grades, and even detention for everybody. Well, everybody except Caden, the school bully. Charlie and his best friend Maya know something isn't right. What does Caden know that they don't? Can they discover Mr. Goshen's secret?

[\*X: The Story of a Magic Pill: How People Use the X Pill to Get Clarity, Break Through Blocks, and Access the Power of the Unconscious Mind\*](#) by Robert Richman

A book about the history of the Xpill and how people can use it breakthrough blocks, commit to actions, and learn about themselves.

[\*Alien Kid\*](#) by Kristen Otte

Charlie Baker is a sixth-grade student at Silver Lake Middle School. It's tough being the new kid. He has to make friends, learn geometry, and try not to embarrass himself in gym class. Oh, and he's also not supposed to tell anyone that he's an alien. Too bad he broke that rule the very first day. Now he has to convince his new friend Maya to help him fit in, keep his parents from discovering that he shared their secret, and deal with Caden, the school bully.

[\*The Willpower Workaround\*](#) by Maureen Anderson

What if you could eat as much as you wanted, all day every day, and never gain weight? No gimmicks, nothing unsafe. And what if it was among the easiest things you've ever done?

[\*Sick Part III\*](#) (The Sick Series) by Christa Wojciechowski

The conclusion of The SICK Series – After a night of horrific revelations, John and Susan Branch must invent a lie to conceal the appalling truth. Their marriage is threatened not only by what they've learned about each other, but also by powerful forces outside their control.

[\*Gabby's Space Adventure\*](#) by Angel Krishna

Gabby is a hippo who has a dream to go to outer space. Hippos in space? Gabby is very determined, smart, and always willing to learn. She has faced many challenges, but nothing will stop her from achieving her ultimate goal of going to outer space!

[Battle](#) by Nate Battle

Management consultant and coach Nate Battle faced what seemed like insurmountable odds: there was a point when his career, marriage, finances, and dad were all in the ICU at the same time. Instead of giving up, he started over from nothing, and in *Battle*, he shares what it takes to face, endure, and overcome crisis while choosing to find peace one battle at a time.

[Fighting for My Life: How I Found God and Beat Lyme Disease](#) by Patrick Collins

Patrick Collins has an accomplished baseball career, a loving family and supportive friends, and a unique passion to change the world. When suddenly plagued by fatigue, arthritis, chronic sinus infections, mood swings, and seizures, Patrick is left without a guide in his search for what is wrong with him. Doctor after doctor run tests that never lead to a diagnosis, and so his family is told it is depression and "all in Patrick's head." Two years and tens of thousands of dollars later, Patrick's malady finally has a name: Lyme disease.

[Sunburned and Circumcised](#) by Matt Ziselman

A funny, poignant coming-of-age story chronicling the eight weeks Matt's family spent at the Highland Park Bungalow Colony in New York's Catskills Mountains. Picture *The Wonder Years*, but with generous amounts of Jewish guilt tossed in and you get the idea. It was a summer of family, friendship, and—whether Matt realized it or not at the time—his first, awkward, hesitant steps toward growing up.

[Living Longer, Living Well: How to Embrace the Challenges of a Long Life](#) by Brigitte Nioche

What's a woman "of a certain age" to do about sex, social media, and the latest fashion trends? In this charming, often self-effacing memoir, Brigitte Nioche shares her personal experiences of staying positive, dealing with the challenges that come in the second half of life, and living life to the fullest.

"Forbidden Falconing" by Chandi Wyant, from the anthology [Once Upon an Expat](#)

Whether you've made the leap abroad yourself, or you're simply curious about what it's like to set up life in a foreign country, *Once Upon An Expat* will not disappoint. With brave tales of life outside the comfort zone, the contributing authors will have you craving adventure as they share stories from their not-so-ordinary lives around the world, including this fascinating look at an American woman's forbidden trip into the desert to go falconing with two Bedouin men.

[Sick Part II \(The Sicker Series\)](#) by Christa Wojciechowski

The dark and twisted psychological thriller suspense series continues from the mind of John Branch. Injured and loaded with Demerol, John Branch tells his life story from his filthy sickbed. He confesses the horrific secrets of the past. Most disturbing of all, he reveals the philosophy he's constructed around his condition and tries to indoctrinate Susan. Will she stay with him now that she finally knows the truth, or will she put an end to the madness?

[In Another Life](#) by Julie Christine Johnson

Outstanding Debut finalist for the Women's Fiction Writers Association's Star Award

Historian Lia Carrer has finally returned to southern France, determined to rebuild her life after the death of her husband. But instead of finding solace in the region's quiet hills and medieval ruins, she falls in love with Raoul, a man whose very existence challenges everything she knows about life--and about her husband's death. As Raoul reveals the story of his past to Lia, she becomes entangled in the echoes of an

ancient murder, resulting in a haunting and suspenseful journey that reminds Lia that the dead may not be as far from us as we think.

Steeped in the rich history and romantic landscape of the Languedoc region, *In Another Life* is a story of love that conquers time and the lost loves that haunt us all.

[\*Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain\*](#) by Vincent Pedre, MD

Following the success of the bestselling *Clean Gut* and *Wheat Belly* comes this essential guide to improving digestive health from an expert in functional medicine—who reveals why everything that ails us, from fatigue to weight gain to bloating and bad skin, can be traced back to the gut, and shares his cleansing plan to help us reclaim our health.

Complete with recipes and meal plans including gluten-free, low-fat, and vegetarian options, 28-day gut cleanse, yoga postures to help digestion, and testimonials from many of his patients, *Happy Gut* will help you feel better and eliminate gut issues for life.

[\*A Halo of Mushrooms\*](#) by Andrew Hiller

Once planted, it lives everywhere ...  
In a place of origins, the first Fairie Ring withers. Worlds die. Wonder fades. As its last ripple reaches out, fell creatures barricade up the few remaining Bald Mushrooms, and wars are fought for the right to possess what precious little remains ... until Derik, a healer, creeps through lines of armies, thorns, and traps to steal one.

Tying the wonder to his hip in a sack, he finds himself alone on Earth in the gray, declining city of Clarksburg. Without friends, tools, or weapons, and even stripped of the ability to read, he must escape pursuit and find refuge for his burden, which stubbornly refuses every attempt to find it a new home. Shadows of war are descending, and all Derik has to fend it off is a baker, a chemist, a cerulean sweet, and a withered hope.

[\*SICK Part I \(The Sick Series\) \(Volume 1\)\*](#) by Christa Wojciechowski

Susan Branch's life revolves around the care of her charming and inscrutable husband John, a man born into wealth and prestige who lost his family's fortune when his mysterious chronic illnesses left him bedridden. Together they live a decrepit existence beholden to the current owners of his family's former estate.

After years of devoting herself to John's care, Susan is worn out and frustrated. Yet she is determined to scrape together whatever resources she can to keep John comfortable and happy. This includes stealing Demerol from the doctor's office where she works to feed John's ever-increasing need for pain medication. As John's condition continues to puzzle doctors, Susan begins to notice strange objects appearing around her house. Ever wary of creepy Old Pete, the groundskeeper, Susan decides to confront the elderly man and put an end to his snooping for good.

John suffers a critical emergency, but he is saved and is soon released from the hospital. As his health begins to improve, Susan dreams of a normal life, but her hope for a miracle transforms into a nightmare one fateful afternoon when she discovers the true cause of John's sickness.

[\*Far Away and Ever After\*](#) by Cheryl Fassett

Delia's life changed the day she found refuge in Sunny Rea's bookstore. Sunny Rea and Ethan, the silent boy who lived with her, became like family to her. But one day, Delia arrives to find the bookshop covered in dust and locked up tight. Sunny Rea has disappeared, and nothing is as it seemed. Delia is thrown into a magical world where an evil dark queen threatens to destroy the kingdom and Delia's world beyond. Teaming up with Ethan, a talking cat, and a superstitious house elf who has never before ventured beyond the castle grounds, she sets out to find her missing friend. As the evil forces build against them, it is up to this group of unlikely heroes to defeat the evil queen, rescue Sunny Rea, and save the kingdom. If all goes well, Delia just might save the world, too.

[\*Ruthless Grieving: The Journey to Acceptance and Beyond\*](#) by Susan Powers, PhD

After both her husband and daughter died in a three-month period, clinical psychologist Susan Powers, Ph.D., learned she had to be proactive and single-minded in her attempts to recover by matching the ruthlessness of grief with her own zealous action. Through the combination of her moving, personal memoir and a professional, clinical perspective, Dr. Powers offers a roadmap for finding your own way through your darkest hours. *Ruthless Grieving* is filled with emotional wisdom as well as practical suggestions to guide anyone through deep loss and grief, including a myriad of tools to help you deal with every aspect of the grieving process, support for grieving a death from addiction or suicide, and a chapter devoted to helping others grieve ruthlessly.

[\*TICEES\*](#) (RIBUS Book 2) by Shae Mills

Ripped from her world during a chance encounter with an alien landing party, Chelan MacKay suddenly finds herself on board the galactic battleship RIBUS 7. Korba, an ebony-clad god of war, the Iceanean Commander of RIBUS 7, is irresistibly drawn to her. Defying all the laws that govern his people, he risks all to make her his.

[\*25 Inspirational Lessons I Learned from My Children\*](#) by Michelle Downey

In the summer of 2012, ex-pat Michelle Downey took some time off work to take her sons, ages five and three at the time, to the United States for a road trip. As they prepared to leave their home in Ireland, Michelle had no idea what a blessing the trip would be and how many lessons they would all learn. In this memoir, she shares their experience to both challenge and encourage parents to find inspiration in their own families and to remind people that whatever their circumstances, they are blessed.

[\*Freedom from Addiction to Narcotic Painkillers and Heroin\*](#) by Nathan R. Strahl, MD, PhD

Recovery takes a personal commitment and a lot of hard work ... but anyone who is sincere about recovery can achieve it by following the steps outlined in this definitive book, written by a medical doctor who has treated addicts for more than thirty years. Beginning with a screening questionnaire to test for addiction, Nathan Strahl, MD, PhD, provides an in-depth review of treatments he uses to guide his patients to recovery. In clear, easy-to-understand language, Dr. Strahl offers proven strategies to help any addict—no gimmicks, half-truths, or quick-and-easy schemes to achieve recovery. Rather, he reviews and relies on scientifically proven, evidence-based treatments that have saved the lives of hundreds of people like you and those you love. Written by a board-certified, licensed physician in North Carolina who is also a clinical associate in the Department of Psychiatry and Behavioral Sciences at Duke University Medical Center. *Freedom from Addiction* is the definitive guide to understanding addiction and how to recover from it. The information in this book could very well save your life or the life of someone you love.

[\*Wanting to Want: What Kills Your Sex Life and How to Keep It Alive\*](#) by Madeleine Castellanos, MD

The reasons for lack of sexual desire and sexual pleasure can be complicated and intertwined. In her fabulous new book, Dr. Castellanos now breaks down the . Learn about the most common dynamics that can suppress pleasure and squash out desire and what might be taking place in your life or relationship to interfere with the maximum experience of sexual pleasure and arousal.

[\*Snoozby and the Great Big Bedtime Battle\*](#) by Terry Cralle, RN, MS, CPHQ and W. David Brown, PhD, DABSM, CBSM

Written by sleep educators and clinicians, this is the first nonfiction picture book for children about sleep health and wellness. Fully aware of the stressful bedtime battles that play out in homes around the globe every night, the authors raise awareness of the benefits of sleep while “disarming” children who are fighting sleep. In turn, sufficient sleep becomes a “win-win” proposition for everyone. In the end, Snoozby, the animated pillow, is the superhero and defender of sleep and is victorious in his bedtime battle with Sam. *Snoozby and the Great Big Bedtime Battle* is adeptly disguised as a pleasurable bedtime story, yet its content is firmly based on current pediatric sleep medicine research.

[\*One Damned Heart: A Paranormal Short Story\*](#) by Shonda Brock

How do you react when the devil comes to call ... and he has the face of an angel?

[\*Or Not to Be\*](#) by Laura Lanni

Alive, Anna considered leaving her husband. Dead, she naively believes she has escaped this difficult choice. How cruel for relationship problems to tag along to the dead side. On November eleventh, Anna Wixim, mother of two, number geek and palindrome seeker, finds herself dead at forty-four. While wandering the universe and watching her family grieve, Anna learns that the two-way portal between her life and death remains wide open. Still, Anna hesitates to return to the man she loves. She has many reasons, real and imagined, to hesitate. The universe is full of wonder; time is boundless; she doesn't have to do laundry. And her husband doesn't want her back. Based on his own experience in crossing a yawning space-time gap, her husband, Eddie, understands the rules of the universe, including Anna's free choice to come back to him. He also knows that she doubts his love because he forgot to say that he loved her—for twenty years. On top of that, he wasn't even nice for the last two months of her life. Don't judge. It wasn't fair for the universe to reveal Anna's deathday to him. Eddie couldn't function, couldn't have a conversation or take a full breath, faced each year with the relentless approach of November eleventh.

[\*The 10-Day Girly Thoughts Detox Plan: The Resilient Woman's Guide to Saying NO to Negative Self-Talk and YES to Personal Power\*](#) by Patricia O'Gorman, PhD

Every woman alive struggles with self-doubt, which is often brought on as she strives for the impossible—society's version of "perfection"—and the harder she tries to meet those expectations, the harder her negative inner voice—*girly thoughts*—work to convince her she is a lost cause and rob her of her personal power. Readers will learn the source of their negative self-talk, understand the steps needed to disengage from their toxic behaviors, and develop skills to create a more resilient spirit.

[\*The Adventures of Zelda: Pug and Peach\*](#) by Kristen Otte

Everyone's favorite pug, Zelda, now has a sister named Peach, and the adventures continue in this third installment of the popular children's book series, with double the wrinkles, sneezes, and slobber. Share the fun as they meet a giant mutant rabbit, hatch a plan to catch a pesky squirrel, survive a crab attack, and find themselves in other entertaining predicaments.

[RIBUS 7](#) by Shae Mills

Chelan is a brilliant young woman, an aeronautics engineer who dreams of one day soaring toward the stars in a craft of her own design. But, while on vacation, she is badly injured during a bizarre encounter with menacing strangers. Awakening, she finds herself held captive aboard the alien battleship RIBUS 7. Convinced at first that she is the victim of an elaborate hoax, the nightmare soon becomes all too real.

Struggling against her growing attraction to her captor, the Iceanean Overlord and commander of RIBUS 7, Korba (an ebony-clad god of war, a cunning predator, and a finely honed killer), Chelan clings to her Earthly values like a shield. But in a culture where the men and women pursue the pleasures of the flesh with a passion and a skill equal to that of the kill, Chelan finds herself awash in a sea of temptation at every turn. Korba himself yearns for her, but their love is forbidden by all that governs his culture. To claim her as his own is to risk all ... but it's a risk he hungers to take.

[The Memory Box](#) by Eva Lesko Natiello

What if you Googled your name and discovered you had a life you couldn't remember? What if with every click, the revelations grow more alarming? That's what happens to suburban mom Caroline, who is hurled into a state of paranoia—upending her blissful family life—and she's desperate to prove these allegations false before someone discovers they're true. The disturbing underpinnings of *The Memory Box* expose a story of deceit, misconceptions, and an obsession for control. With its twists, taut pacing, and psychological tenor, Natiello's page-turning suspense cautions: Be careful what you search for.

[The Photograph](#) by Kristen Otte. This contemporary YA novel follows sixteen-year-old Rachel's search for her mother through the backdrop of her basketball team's quest for its first district championship in twelve years.

David is a disillusioned American wine broker who meets his partner and best friend, Brian, in France's Côte d'Azur to tour the vineyards of Provence. Brian brings his wife, Vanessa, who David has been desperately in love with for years. David has cultivated his obsession with Vanessa, using it as a distraction from his otherwise unfulfilling life. Revealing his secret could rip their worlds apart, or worse, change nothing at all.

[Finding Hope: Quotes & Inspiration](#) by Dorothy Sander

Mounting life pressures, unexpected change or disappointment can leave us depleted and without hope. Packed with insight and inspiration, this carefully crafted collection of vignettes and quotes by some of the world's greatest teachers will help you right your ship and find balance in your life once again.

[Let Your Soul Evolve: Spiritual Growth for the New Millenium](#) by Phil Diaz and P. D. Alleva

Using their own works along with chapters by contributing authors, the authors guide the reader on a journey of personal growth in perception and belief systems through precepts and writings that provide a new insights and perspectives on spirituality, healing, and our inner world as spiritual beings.

[Child Abuse: What You Need to Know](#) by Evin Daly

The definitive guide to understanding every facet of child abuse—physical, emotional, and sexual, and neglect. Providing an in-depth look at each type of abuse, including descriptions of often-unrecognized signs, illustrations that clarify complex concepts, and a comprehensive glossary of terms, the book offers an essential guide for parents, students, child caregivers, teachers, law enforcement, volunteers, case-workers, first responders, and anyone who has contact with children.

[\*The Adventures of Zelda: The Second Saga\*](#) by Kristen Otte

Zelda the pug is back for a second round of adventures in this exciting chapter book for young readers, providing a glimpse into the mind of a curious canine. No matter your age, pug fanatics and dog lovers will enjoy the adventures of this enchanting pug who grabs life like a bone and won't let go.

[\*The Man of Nightstone\*](#) by Devon Drake

A daring bounty hunter named Althadis, who claims to be one of the world's most skilled sorcerers, has come to the city-state of Pallos, announcing that he's hot on the trail of Whisper, the world's most infamous assassin.

No one has ever seen Whisper's face—or escaped his blade. So, of course, everyone thinks Althadis is completely insane . . . and they're not too far from the truth.

[\*The Resilient Woman: Mastering the 7 Steps to Personal Power\*](#) by Patricia O'Gorman, PhD

This groundbreaking book reveals how *girly thoughts* are just conclusions women reach as a way of making sense of the trauma they've experienced and the resulting codependency issues they grapple with, and offers seven actionable steps to finding and nurturing their inner power.

[\*It Takes Moxie: Off the Boat, or Out of School, to Making Your Way in America\*](#) by Maureen Francisco

Maureen Francisco teaches people how to achieve success in these times. Whether you are new to the workforce, out of work, or looking to move up in your industry, these are the tools strategies and principles that will make the biggest difference in your success.

[\*The Alzheimer's Diet: A Step-by-Step Nutritional Approach for Memory Loss Prevention and Treatment\*](#) by Richard S. Isaacson, MD, and Christopher N. Ocher, PhD

Based on empirical evidence, *The Alzheimer's Diet* outlines what to eat, what not to eat, and highlights a step-by-step approach for improving memory and protecting the brain through diet. These specific dietary interventions present new hope for individuals concerned about memory loss, and also have rapidly expanding scientific evidence to support their effectiveness. Harvard-trained neurologist Dr. Richard Isaacson and renowned nutrition expert Dr. Christopher Ochner team up to create this ground-breaking nutritional guide for individuals concerned about memory loss.

[\*In Pink: The Personal Story of a Mary Kay Pioneer Who Made History Shaping a New Path to Success for Women\*](#) by Doretha Dingler.

A memoir of a self-made woman who succeeded on her own terms by seizing the opportunity created by Mary Kay Ash when she founded her unique company at the very epoch of the women's movement in America. *In Pink* is also the memoir of a generation of women who came of age at a time when women were just beginning to find their voice in the corporate world and redefine their role as equals among their male counterparts.

[\*If the Pink Shoe Fits: A Golden Anniversary Tribute to Mary Kay Ash Celebrating Her Fifty-Year Legacy of Creating Opportunities for Women Worldwide\*](#) by Doretha Dingler

The stories of a more than a dozen women who found their calling as Mary Kay representatives and managers, and how they balanced their families and careers to become successful on their own terms.

[\*As Far As the Heart Can See: Stories to Illuminate the Soul\*](#) by Mark Nepo, author of the #1 *New York Times* bestseller *The Book of Awakening*

*As Far As the Heart Can See* is a guidebook for anyone who is looking for a deeper experience of being alive, presented by a teacher who opens people to their spiritual selves and personal truths as they search for their innate wisdom.

[\*Growing Happy Kids: How to Foster Inner Confidence, Success, and Happiness\*](#) by Maureen Healy

Spiritual teacher, psychologist, and parenting expert Maureen Healy draws upon clinical psychology, neuroscience, and Buddhist wisdom to facilitate positive emotional, mental, and social development to guide parents as they foster the inner confidence that allows children to overcome obstacles, pursue unique dreams, and be truly happy.

[\*Healing Trauma Through Self-Parenting: The Codependency Connection\*](#) by Patricia A. O’Gorman, PhD. and Phil Diaz, MSW

Based on their acclaimed book *The 12 Steps to Self-Parenting for Adult Children*, the cofounders of the National Association for Children of Alcoholics offer the first book written for those who developed codependency through experiencing trauma. Here they examine the neurobiology of trauma and healing and outline a simple, 12-step process specifically tailored for those who are healing from trauma.

[\*The Undefeated Mind: On the Science of Constructing an Indestructible Self\*](#) by Alex Lickerman, MD

By combining his experience as a physician with his practice as a Nichiren Buddhist, Alex Lickerman, MD offers a groundbreaking and contrarian exploration of why hardiness—not happiness—is the key to a resilient mind and attaining indestructible happiness.

[\*Nourishment: Feeding My Starving Soul When My Mind and Body Betrayed Me\*](#) by Melissa Binstock

A raw, honest, first-person account of living (and deteriorating) with multiple psychiatric, psychological, and physical disorders by an articulate young woman who shines a spotlight on disordered thinking.

[\*Life, with Cancer: The Lauren Terrazzano Story\*](#) by Frank Terrazzano and Paul Lonardo

Pulitzer Prize-winning social journalist Lauren Terrazzano was a voice for the voiceless as she championed the causes of society's less fortunate citizens, and when she was diagnosed with lung cancer, Lauren—a nonsmoker—turned her passion to putting a face on the disease that kill more women than breast cancer; interviews with cancer specialists shine new light on lung cancer, and excerpts from her columns along with recollections from her devoted father, her friends, coworkers, doctors, and college professors paint a touching portrait of a young woman who truly made a difference in the world during her brief life.

[\*The Song in You\*](#) by LaDonna Gatlin and Mike Marino, PhD

Before Larry Gatlin & The Gatlin Brothers became one of the biggest hits in country music, they toured with their sister LaDonna as The Gatlin Quartet, and in this optimistic message of hope and healing, LaDonna Gatlin shares the choice she made to embark on a different “tour”: raising her children, putting family first, overcoming adversity, and ultimately helping to inspire countless others discover their own song.

[\*The ACoA Trauma Syndrome: The Impact of Childhood Pain on Adult Relationships\*](#) by Tian Dayton, PhD

Renowned psychologist Tian Dayton shows how emotional triggers can exacerbate complex post-traumatic stress disorder later in life for Adult Children of Alcoholics, and clearly lays out a path of recovery and resilience that can become a preventative strategy for anyone wishing to lead a healthy life without self-medicating through drugs, alcohol, food, sex, money, or other addictions

[\*Hooked: A Novel of Teenage Pain Pill Addiction, Hope, and Recovery\*](#) by Jamie R. Smolen, MD

Buddy, a scrawny, introverted, pimple faced teen, can't resist the lure of the beautiful and seductive Sidney who offers him a pain pill as the way to instant fun and excitement, and for Buddy, a false sense of acceptance. He rapidly descends into the ugly and brutal world of prescription drug addiction. His only hope is to choose the sober path of recovery, not knowing that true happiness will be his greatest gift.

[\*Career-Wise: Proven Strategies for Thriving at Work\*](#) by Daniella Schiffer, PhD

As an industrial/organizational psychologist, Daniella Schiffer, Ph.D., has witnessed first-hand how one can derail his or her career while another flourishes. *Career-Wise*, a concise and entertaining book with attention-grabbing case studies can benefit every working person—from entry-level through senior management.

[\*My Teenage Rejection of Animal Products: A Journey to Healthy Veganism\*](#) by Tandra Riddle

With a dry wit, lively pace, and a perspective beyond animal rights, *My Teenage Rejection of Death Products* reveals the truth about living successfully on a vegan food plan. Includes dozens of vegan recipes and the correct components of a balanced eating plan with details on proteins, fats, and carbohydrates. The author shares her personal journey to veganism while tackling the controversial subject of “To Veg or Not To Veg” with a captivating style that will help you understand her journey of plant-based eating.

[\*After the Tears: Helping Adult Children of Alcoholics Heal Their Childhood Trauma\*](#) by Jane Middleton-Moz and Lorie Dwinell

For adult children of alcoholics, this revised and expanded edition of the 1986 bestseller offers help in making sense of childhood traumas that continue to affect every aspect of their lives, and hope for grief resolution through breaking the cycle of negativity.

[\*Touching the World of Angels: How My Daughter's Short Life Changed Mine\*](#) by Seth Clyman

In the process of mourning the death of his infant daughter, Seth Clyman learns the ultimate spiritual lesson about life and death as he finds hope, personal healing, and a richer understanding of this life and the one to come.

[\*The Law of Sobriety: Attracting Positive Energy for a Powerful Recovery\*](#) by Sherry Gaba, LCSW

This marriage of theory and achievement offers a new style of addiction recovery—the Law of Attraction meets definite action steps—to create and maintain a clean and sober life filled with joy and purpose.

[\*Silently Seduced: When Parents Make Their Children Partners\*](#) by Kenneth M. Adams, PhD

A leading expert in emotional incest, sexual addiction, and childhood trauma offers tools for identifying and healing from covert incestuous relationships that affect adult relationships and lives.

[\*Slipping Through the Cracks: Intervention Strategies for Clients with Multiple Addictions and Disorders\*](#) by Mark Sanders

The first sourcebook to integrate separate recovery approaches using therapeutic tools and innovative options for therapists and counselors working with difficult-to-reach clients who have concurrent mental-health and substance abuse disorders and do not fit neatly into the rubrics of an evidence-based practice.

[\*The Ultimate Teacher: The Best Experts' Advice for a Noble Profession with Photos and Stories\*](#) by Todd Whitaker

A wonderful anthology of time-tested advice and captivating stories for the teacher in all of us.

[\*The Ultimate Christian Living: Faith and Fellowship Celebrated Through Stories and Photos\*](#) by Todd Outcalt

Stunning color photographs complement this anthology of poignant and heartfelt stories, and you'll discover marvelous insights from church leaders and laypersons on living a Christian life. Members of some of the largest congregations in America share their thoughts in essays on Christian tenets such as keeping faith alive, knowing and loving God, and living the Golden Rule.

[\*The Ultimate Runner: Stories and Advice to Keep You Moving\*](#) by Tom Green and Amy Hunold-VanGundy

An enlightening, entertaining, and motivating book about every aspect of running, filled with stories, advice, and compelling photos by and for those who love the feel of the road beneath their feet.

[\*The Ultimate Bird Lover: Stories and Advice on Our Feathered Friends at Home and in the Wild\*](#) by Marty Becker, DVM, Gina Spadafori, and Mikkel Becker

Entertaining stories, inspirational advice, and amazing photos of our feathered friends, celebrating the passion bird owners and bird watchers have for the objects of their obsession.